

LEARN THE FACTS ABOUT

TEEN BULLYING

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★ **71%** ★
OF TEENS

Experienced bullying in the last year in Canada¹

If you need someone to talk to immediately, call the Kids Help Phone at 1-800-668-6868 They can be reached 24/7 and can help support you if you've been bullied.

TYPES OF BULLYING



PHYSICAL

Hitting and other forms of physical violence.

VERBAL

Name calling and other hurtful comments.

SOCIAL

Exclusion, gossip, manipulating relationships.

CYBER

Using tech to harass, intimidate or embarrass.

SEXUAL

Unwanted sexual comments, gestures, contact.

PREJUDICIAL

Based on race, sexual orientation, gender identity.



PHYSICAL EFFECTS



Bullying can be associated with negative physical complaints, such as headaches, stomach aches² and later poor general health and pain.³

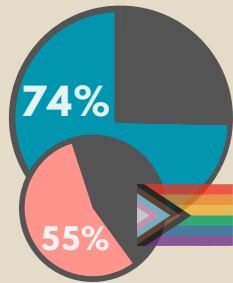


MENTAL EFFECTS



A number of negative mental health difficulties are associated with bullying including increased anxiety, depression, social difficulties and low self-worth.⁵

About 74% of Transgender youths and 55% of LGB youth reported verbal harassment.⁴



BULLYING AND TECHNOLOGY

About 31% of youths had reported experiencing bullying online and only 20% of cyberbullying incidents are reported to the police.⁵



Research shows CBT can help reduce anxiety, depression symptoms and improve self-esteem in teens who have been bullied.^{6,7}

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REFERENCES

- 1 Canadian Health Survey on Children and Youth, 2019. Statistics Canada.
- 2 Gini & Pozzoli, (2009)
- 3 Wolke, (2015)
- 4 Taylor et al., (2011)
- 5 <https://www.rcmp-grc.gc.ca/en/gazette/just-the-facts-cyberbullying>
- 6 Gaffney, Tifoti & Farrington, (2019).
- 7 Gonzalez-Vallespin et al., (2016)